SELF HELP

Wartime Cooking Suggestions

HOW TO GET THE MOST OUT OF YOUR RATIONS

SUMMARY OF RECIPES

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(1) No Butter, No Eggs	2	(5) 2 ozs. Butter, 1 or 2 Eggs	11
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WITH THE COMPLIMENTS OF SELF HELP CO-OP.

We trust that you will find this special issue of recipes to be of value and assistance in these difficult days of planning the weekly menu.

G 469

RATION HINTS.

1. **To clarify fat for cooking:—**
   (a) Put into saucepan with plenty of water. Bring to the boil, then stand in a cool place till set. Lift out the set fat, scrape any sediment from the under side. All gravy and sediment will remain in saucepan.
   (b) Melt fat and add a potato cut in quarters. When the potato is browned, and the fat stops bubbling, strain the fat through a double cheese cloth and store in a cool, dry place.

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Substitute for Whipped Cream.

2. Add a sliced banana to the white of an egg, and beat until very stiff. The banana will dissolve.

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Instead of Dry Toast.
To Those Who Like Their Bread Buttered Before It Is Toasted.

3. Did you ever try bacon dripping instead of the hard-to-get butter? Just spread it on lightly before toasting.

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How to Tell When a Cake is Done.

4. If layer cake pan is used, press very lightly on top of cake with flat of your finger. If the slight dent springs back, cake is done. If deep pan or loaf pan is used, insert a wire cake tester, or if you do not have one, a clean straw in centre of cake. If it comes out dry, without dough sticking to it, your cake is finished baking.

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To Save Sugar.

5. To save sugar add pinch of soda when stewing fruit.

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To Save Eggs.

6. When making milk puddings and eggs are scarce or expensive, use a heaped teaspoon of **Self Help Custard Powder** instead of each egg required.

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7. In making custard, 1 tablespoon of golden syrup dissolved in 1 cup of milk is said to be equal to 1 egg.

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How to Make Butter Spread Further.

8.

1 tablespoon butter 1 tablespoon warm milk

Mix together, and the butter will go further.

Note.—Only mix sufficient for 1 day's use at a time—for sandwiches, etc. Does not apply when using cooking measurements.

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9.

1 tablespoonful cold water ¼ teaspoonful salt
1 teaspoonful gelatine ½ cup milk
¼ lb. butter

Soften gelatine in 1 tablespoonful milk over hot water. Cut butter into small pieces and heat over hot water until butter soft enough to beat, **do not melt butter.** Add dissolved gelatine and salt to the milk, having milk at room temperature. Gradually whip milk into butter with eggbeater—put aside to cool and set. Ready for use.

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To Make Light Scones.

10. Milk made from dried milk makes light scones and cakes. Icing sugar helps to make scones light. Scones are lighter mixed with water, but keep moist longer when mixed with milk.

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Stopping Grease from Spluttering.

11. When grease snaps and splutters in the frying-pan, just put about ½ teaspoon of flour in a sifter and sift it into the hot grease and instantly the spluttering will cease.

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Putting Out a Fat Fire.

12. You may never have had the fat in a broiling pan catch fire or a pan of fat catch fire, but accidents will happen and a fat fire is an obstinate fire. Don't ever try to put out a fat fire with water. Water and fat will not mix and water will only spread the fire. Take the salt box and throw salt on the fire. Just keep throwing on a handful of salt and the fire will soon go out.

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Beating Egg Whites for Cakes.

13. Beat egg white for cakes at the time it is to be used. If allowed to stand, some of the liquid white will go to the bottom of the bowl, and if this is put into cake it will make the cake tough. So beat—and use immediately.

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To Keep Yolks of Eggs Fresh and Stop Them Drying Out.

14. Place the unbroken egg yolks in cold water. Have sufficient cold water in the cup or bowl, to cover the egg yolks and they will keep perfectly.

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To Stop Nuts and Fruits Sinking to the Bottom of Cakes, Etc.

15. Heat them in the oven and then mix them in a little flour before adding to batter.

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How To Use Baking Powder in Recipes that Call for Sour Milk and Soda or Other Leavening Agents.

16. You can use **Wilson's Baking Powder** in any recipe that calls for sour milk and soda by using sweet milk and two level teaspoons of baking powder for each cup of flour the recipe calls for. This will give you perfect results with the recipe.

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17. Use 4/5ths as much dripping in cakes as you would butter. Cream it very well, adding a little lemon juice and a pinch of baking soda.

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18. Bacon fat is delicious in a ginger cake or gingerbread, spice cakes, cookies and foods with a strong flavour.

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19. Fat from mutton broth makes good ginger cakes.

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20. Try mashing potatoes with bacon dripping and milk instead of butter.

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21. When creaming **lard** and sugar together, in making war-time cake, beat it well over basin of hot water, as lard is less easily blended than butter. Add a little salt always. Lard makes good cakes.

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22. Use **cake** baking powder in making short-pastry—it is a great improvement. Also, use half flour, half wholemeal and **all** dripping, with lemon juice and water to mix it .

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23. Potato water improves scones, etc, and lightens the milk bill.

GROUP 1. NO BUTTER, NO EGGS.

QUICK PUDDING.

Flour, 1 cup
Salt, a pinch
Wilson's Baking Powder, 1 heaped teaspoon
Milk and water, ½ cup
Treacle, ½ cup
Sugar, ½ cup

Method.—Sift flour, salt and baking powder. Mix to a soft dough with milk and water. Turn into a greased basin. Mix half cup of treacle and half cup of sugar and pour over the pudding. Steam for 2 hours. Serve with lemon and treacle sauce.

CORNFLOUR MOULD.

Wilson's Cornflour, 2 oz.
Milk, 1 pint
Lemon rind, 2 strips
Sugar, 1 oz.
Salt, a pinch

Method.—Blend the cornflour with some of the milk. Bring milk and lemon rind to the boil and stir into the blended cornflour; add sugar and salt. Return to pan and boil and stir for 10 minutes. Remove the lemon rind. Pour into a wetted mould. Allow to cool. Turn out and serve cold with stewed fruit.

RICE PUDDING (Same for Sago and Tapioca).

Milk, 1 pint
Rice, 2 oz.
Sugar, ½ oz.
Nutmeg
Salt, a pinch

Method.—Wash the rice and place in a buttered dish with the salt, sugar and milk. Grate with nutmeg. Bake in a very slow oven for 3 hours.

SULTANA LOAF.

1½ teaspoons **Wilson's Baking Powder**
2 cups flour
1 cup sultanas
Milk to mix
1 large tablespoon golden syrup
½ cup sugar (less if liked)
Salt

Method.—Mix all together; bake 1 to 1½ hours medium oven.

EGGLESS, MILKLESS, BUTTERLESS GINGERBREAD.

1 cup brown sugar
2 cups flour (sifted)
1 teaspoon carbonate soda
1 cup sultanas
1 cup dates or raisins
1¼ cups water
⅓ cup dripping
1 dessertspoon ground ginger
1 teaspoon spice
1 teaspoon nutmeg

Method.—Boil fruit, spices and dripping in the water for 3 minutes. When cool beat in flour, sugar and soda. Bake 1¼ hours in moderate oven.

APPLE AND BLACKBERRY MOULD.

Blackberries, ½ lb.
Apples, ½ lb.
Sugar, 3 oz.
Water, ½ pint
Wilson's Cornflour, 1 oz.
Colouring and flavouring to taste if needed

Method.—Stew the prepared fruit in the boiling water and sugar. When tender rub through a sieve. Bring to the boil, add cornflour blended with cold water. Stir and simmer for 5 minutes. Pour into a wetted mould and allow to set. Rhubarb or other fruit may be used instead.

BAKING POWDER BREAD.

4 cups flour
1 teaspoon salt
Small cold boiled potato
Milk, or milk and water
2 heaped teaspoons **Wilson's Baking Powder**
½ teaspoon sugar

Method.—Sift together flour, sugar, salt, and baking powder, then rub in the potato. Add sufficient liquid (about a pint) to make a soft and smooth dough. Mix quickly, put at once into a greased tin ¾ full, smooth the top with a greased knife, and bake immediately about ¾ to 1 hour in a hot oven. Cover over with paper for first 10 to 15 minutes to prevent crusting too soon. When done take from tin, and wrap in bread cloth until cold.

BROWN BREAD.

2 level breakfastcups brown flour
2 level breakfastcups white flour
4 raised teaspoons **Wilson's Baking Powder**
1 level teaspoon salt
1 breakfastcup warm water
1 level tablespoon sugar
1 tablespoon golden syrup
1 breakfastcup milk

Method.—Sift white flour, baking powder, and salt into the brown flour. Dissolve sugar and syrup in the warm water, add the milk, then make a well in centre of flour, add the liquid, and mix all to a light dough. Place in a greased tin or billy and bake in a moderate oven, large loaf about 1 hour, small loaves from 30 to 40 minutes. (All brown flour may be used, also all milk).

CHEESE LOAF.

2 breakfastcups flour
½ breakfastcup grated cheese
2 heaped teaspoons **Wilson's Baking Powder**
½ teaspoon each salt, pepper and mustard
1 breakfastcup milk

Method.—Mix all dry ingredients and add milk to consistency of a soft dough. This may be cooked either in baking powder tins, only half filled with mixture, or in a loaf tin. Bake 45 minutes in a moderate oven.

MALT BREAD.

1½ cups wheatmeal
1 tablespoon malt
3 teaspoons **Wilson's Baking Powder**
1½ cups flour
1 tablespoon treacle
Salt

Method.—Put wheatmeal, flour and powder and salt in basin, warm treacle and malt and mix to a stiff dough. Bake in a billy with lid on 1 hour. Do not remove lid for 10 minutes after removing from oven.

WHOLEMEAL BILLY SPONGE.

2 breakfastcups flour
1 cup wheatmeal
1 breakfastcup milk
3 teaspoons **Wilson's Baking Powder**
1 tablespoon golden syrup

Method.—Mix dry ingredients together, make into a stiff dough by addition of golden syrup and milk; bake for 1¼ hours in a hot even. Turn over in the oven once or twice while cooking, but do not remove the lid until cooked.

FRUIT DELIGHTS.

1 cup coconut
1 small tin condensed milk
½ cup chopped raisins
½ cup chopped walnuts

Method.—Mix all well together. Put teaspoons of the mixture on a greased oven shelf and bake in a slow oven 20 minutes.

APPLE SURPRISE.

Peel and core and leave whole 6 apples, stick with cloves; bring 2 tablespoons of sugar and 1 pint of water to the boil, add a few drops of cochineal, put apples in and simmer till tender, then remove and strain syrup. Dissolve a packet of **De Luxe Jelly Crystals** in small tea cup of cold water, then add sufficient hot syrup from apples to make a pint. Pour over apples in a glass bowl and leave till set. Serve with **Self Help Vanilla Custard.**

FRUIT MOULD.

Soak ½ lb. prunes overnight in a little water, then cook prunes, adding 1 dessertspoon of sugar. Dissolve 1 packet **De Luxe Lemon Jelly Crystals** in one cup of cold water and leave for ½ hour. Remove stones from prunes and mash well with a fork or put through a sieve. Add jelly to this mixture and reheat. Slice four bananas and add to mixture, put in mould which has been rinsed in cold water and leave until set. Serve with **Self Help Custard.**

GOOSEBERRY DELIGHT.

1 lb. gooseberries
1 pkt. **De Luxe Jelly Crystals,** either greengage or lemon flavour
2 tablespoons sugar

Prepare gooseberries and stew until tender with half a cup of water and the sugar. Soak jelly crystals in very little cold water, and when gooseberries are cooked add soaked jelly crystals. Put all through a sieve or colander and put in a mould in a cool place to set. Serve with **Self Help Custard** (lemon flavour).

ROSIE RICE.

1 pkt. **De Luxe Jelly Crystals (Red)**
½ cup rice
2 tablespoons sugar

Method.—Cook rice for 20 minutes in salted water, rinse in colander. Make jelly, shake sugar over rice and pour jelly over same, leave to set. Serve with **Self Help Custard.**

FLUMMERY.

2 cups water
1 packet **De Luxe Limefruit Jelly Crystals**
1 dessertspoon **Self Help Custard Powder** (lemon preferred)
2 tablespoons sugar
4 passion fruit
Juice of 1 orange and 1 lemon

Method.—Put one cup of water into a saucepan (not iron) with jelly crystals and sugar, stir well, boil 1 minute. Mix custard powder in a bowl with part of a cup of water to a thin smooth cream. Put remaining water in saucepan with jelly mixture. Stir in custard powder and boil for 2 or 3 minutes. Put in large bowl and leave till cold but not set. Beat stiff, pour in fruit juice and stir well. Pile on glass dish.

FILLING FOR CAKE OR SANDWICHES.

1½ cups sugar
2 cups of cooked apricots
2 bananas
2 tablespoons lemon juice
1½ tablespoons **Wilson's Cornflour**

Method.—Blend cornflour and sugar, add to apricot mixture and bring to boil, then add bananas and beat till thick and smooth. Ready for use.

NUT AND RAISIN LOAF.

2 cups flour
2 dessertspoons golden syrup dissolved in 1 cup boiling water
2 teaspoons **Wilson's Baking Powder**
Salt

Method.—Mix dry ingredients together, add liquid and 1 cup of nuts, 1 cup mixed fruit. Bake in moderate oven.

BRAN MUFFINS.

1 cup flour
2 cups bran
1 cup golden syrup
1 cup milk
1 teaspoon soda
Salt, to taste
½ teaspoon **Wilson's Baking Powder**
1 cup chopped dates

Method.—Heat milk and syrup in pan, add soda and stir well. Pour into dry ingredients, and mix well. Put dessertspoon lots into well-greased patty tins. Cook in a slow oven for about 15 to 20 minutes.

DUTCH FRUIT CAKE.

8 oz. flour, 8oz. brown sugar, a small cup milk, 1 teaspoon baking soda, handful of raisins, dates, sultanas, peel, nuts or any fruit desired; 1 teaspoon nutmeg, ½ teaspoon cloves, 2 teaspoons cinnamon. Mix all ingredients together and moisten with milk. Place in greased tin. Bake 1½ hours in a moderate oven.

GROUP 2. 1 OZ. BUTTER, NO EGGS.

OVERNIGHT PUDDING.

Flour, 1 cup heaped
Currants, raisins and sultanas mixed together, 1 cup heaped
Sugar, 2 ozs.
Bicarbonate of soda, 1 teaspoon
Boiling water, ½ pint
Butter, 1 oz.
Salt, a pinch
Spice, 1 teaspoon

Method.—Melt the butter in the boiling water. Mix all together. Leave till next day. Turn into a greased basin and steam for 3 hours.

UNUSUAL PUDDING.

4 oz. flour
1 teaspoon **Wilson's Baking Powder**
1 tablespoon sugar
Pinch of salt
3 apples (stewed)
1 dessertspoon butter
Milk (about half a teacup)

Method.—Grease a deep pudding basin and place apples in bottom. Mix all dry ingredients together, rub in butter, and mix into a very soft dough with the milk. Pour into basin on top of the apples, cover with greased paper and steam for about 1½ to 2 hours. Serve with or without sauce.

CHEESE SCONES.

Flour, 1 cup
Cheese grated finely, 2 oz.
Butter, 1 oz.
Wilson's Baking Powder, 1 teaspoon
Salt, ½ teaspoon
Pepper, a sprinkling
Milk and water, ½ cup

Method.—Add the graded cheese after the butter has been rubbed in and make as for plain scones.

PLAIN SCONES.

Wilson's Baking Powder, 2 level teaspoons
Flour, 1 cup
Salt, ½ teaspoon
Butter, ½ oz.
Sugar, 1 teaspoon
Milk and water, ½ cup

Method.—Sift flour, salt and baking powder, add sugar, rub in butter. Mix with knife to a soft dough; turn on to a floured board. Press with the hand, and cut into squares. Place on a floured tray. Bake in moderate oven till golden brown about 7 minutes.

DATE SCONES.

As for Plain Scones. Roll to a strip, cover half with stoned dates, fold over and cut in squares. Bake as for Plain Scones.

Note.—Sliced apples and spice, or sultanas, etc., may be used instead of dates.

GIRDLE SCONES.

Flour, 3 cups
Wilson's Baking Powder, 3 teaspoons
Salt, ½ teaspoon
Butter, 1 tablespoon
Milk and water, or water alone, to mix

Method.—Turn on to a floured board and roll lightly to a circle. Cut in quarters. Cook slowly on a very hot floured girdle.

POTATO SCONES.

Cold boiled potatoes, 6 oz.
Butter, 1 oz.
Flour, ½ lb.
Salt, 1 teaspoon
Wilson's Baking Powder, 1 teaspoon
Boiling water, ½ pint

Method.—Mash the potatoes and beat with the butter, add to the sifted flour, salt and baking powder. Pour the boiling water over and mix to a light dough. Turn on to a floured board, roll out and cut in shapes. Bake on a floured tray in a hot oven or on a hot girdle. Split, butter and serve hot.

COCONUT LOAF.
(All measures level.)

Flour, 2 teacups
Salt, ¼ teaspoon
Wilson's Baking Powder, 3 teaspoons
Sugar, 1 tablespoon
Golden Syrup, 1 dessertspoon
Coconut, 6 tablespoons
Milk, to mix.

Method.—Sift flour, salt and baking powder. Add sugar and coconut. Mix the syrup and the milk. Stir into the dry ingredients to form a moist dough. Bake in two greased baking powder tins in a moderate oven for half an hour. Turn round after 15 minutes.

DELICIOUS APPLE FRUIT CAKE.

Have ready 1½ cups of stewed apples, sweetened with ½ cup of sugar, and with 1 level tablespoon butter melted into it. Mix together 1 cup of brown sugar, 1 tablespoon cocoa, 1 dessertspoon spice, ½ teaspoon baking soda, 2 large cups flour; lemon peel and dried fruit to taste (about 1½ to 2 cups). Add the apple mixture, and a little milk if necessary. Line a tin with greased paper. Bake in moderate oven for about 1½ hours. Do not cut for a fortnight.

GROUP 3. 2 OZ. BUTTER, NO EGGS.

BUSTERS.

Flour, ½ lb.
Butter, 2 oz.
Grated Cheese, ¾ cup
Salt
Cayenne to season
Milk and water to mix

Method.—Rub butter into flour. Add grated cheese and seasoning. Mix to very stiff dough with milk and water. Roll out very thinly. Prick all over with fork. Cut into fingers or triangles. Bake in hot oven until pale brown (5-10 minutes).

CHEESE BUSTERS.

1 cup grated cheese
Pinch salt and cayenne
1 cup flour (sifted)
2 oz. butter
1 teapsoon **Wilson's Baking Powder**
Mix with mik and water

Method.—Rub butter in flour. Roll very thin, prick with fork. Bake in quick oven.

WAR CAKE.

This cake will keep for months. Boil together for 3 minutes the following ingredients: 1 breakfastcup of soft brown sugar, 1 breakfastcup of currants, 2 small cups of sultanas, 1 breakfastcup of cold water, 1 teaspoon mixed spice, pinch of salt, 3 oz. margarine or lard. When the mixture is cold, add 1 teaspoon baking soda in a little warm water, and ½ teaspoon **Wilson's Baking Powder,** sifted into 2 breakfastcups flour. Make mixture stiff. Use a little more flour if necessary. Bake in a moderae oven for about 2 hours.

CUSTARD CAKE.

1 small teaspoon **Wilson's Baking Powder**
2 oz. **Self Help Custard Powder** (Raspberry)
2 oz. flour
2 oz. sugar
2 oz. butter
Milk to mix

Method.—Cream butter and sugar, then add flour, baking powder and custard powder previously mixed. Bake in flat tin in moderate oven 10 minutes, or in small patty tins.

BREAD AND BUTTER PUDDING.

Slice sufficient white or brown bread (stale) to half fill a good-sized pie-dish, and spread each slice thinly with butter. Grease the dish, then lay in the slices, sprinkling some currants, sultanas and sliced candied peel between each layer, adding a little sugar and spice. Moisten the bread with a cup of milk. Prepare a pint custard (see directions for **Self Help Custard**), and pour over while hot, grate nutmeg on; bake as usual.

NUTTY CRISPS.

3 oz. flour
2 oz. butter
1½ oz. sugar
½ teaspoon ginger
¼ teaspoon **Wilson's Baking Powder**
Pinch salt
Vanilla Essence
½ cup walnuts or dates, or both

Method.—Place teaspoon on cold tray. Bake 15 minutes.

GROUP 4. 1 OZ. BUTTER, 1 EGG.

HEDGEHOGS.

2 cups chopped dates
¾ cup light brown sugar
1 dessertspoon cocoa
1 teaspoon butter
½ cup chopped walnuts
1½ cups coconut
1 egg beaten

Method.—Mix all dry ingredients, drop in egg, melt butter and add. Roll small pieces in coconut and bake on cold tray till brown. Leave on tray till cold.

ECONOMY CHOCOLATE CAKE.

½ oz. butter
¾ teacup sugar
1 teaspoon soya bean oil
1 egg, beaten
3 teaspoons cocoa dissolved in water
Vanilla Essence and little milk
1 cup flour (sifted)

Method.—Beat above ingredients together for 3 minutes, then add 1 teaspoon **Wilson's Baking Powder.** Bake half-hour in moderate oven.

SPONGE MIXTURE.
(Suitable for Chocolate, Coffee or Plain Sponge.)

Place in basin 1 tablespoon melted butter, ¾ cup sugar, 1 egg (unbeaten), 4 tablespoons milk, flavouring to taste.

Method.—Beat briskly for 2 minutes, then add 1 teaspoon **Wilson's Baking Powder** sifted with 1 breakfastcup flour, beat together, and place in sponge tins or make small cakes as desired. Bake about 15 minutes in quick oven.

BOSTON BUNS.

1 egg
Pinch salt
1 cup milk
1 oz. butter (melted)
2 teaspoons **Wilson's Baking Powder**
1 cup flour (sifted)
2 tablespoons sugar

Method.—Mix all ingredients together. Bake in patty tins in moderate oven.

BRAN MUFFINS.

1½ cups bran
2 tablespoons sugar
1¼ cups milk
1 cup flour
1 egg
1 tablespoon melted butter
3 teaspoons **Wilson's Baking Powder**
½ teaspoon salt

Method.—Combine bran and milk, let stand 5 minutes. Beat egg, add with butter and sugar. Sift together, dry ingredients. Mix all together. Fill greased muffin tins 2/3rds full. Bake in hot oven 25 minutes.

ROSE CAKE.

Butter, 1 oz.
Castor Sugar, 1 oz.
Egg, 1 small
Milk, 1 gill
Jam
Wilson's Baking Powder, 1 teaspoon
De Luxe Cochineal, a few drops
De Luxe Essence of Raspberry
Flour, 6 oz.

Method.—As for Queen Cakes, colouring, the mixture a pretty pink. Bake in paper cases in a hot oven 10 minutes. When cold cut out the centre and place a little raspberry jam in each.

NUT LOAF.

2 cups flour
2 teaspoons **Wilson's Baking Powder**
2 tablespoons sugar
1 cup walnuts
1 cup raisins
Small piece butter
1 egg (not beaten)
1 dessertspoon golden syrup
Milk to mix

Method.—Mix dry ingredients together, rub in butter, add egg, syrup, walnuts and raisins, lastly sufficient milk to make fairly stiff dough. Bake one hour in moderate oven.

AFTERNOON TEA SCONES.

1 tablespoon butter
½ cup milk
1 dessertspoon sugar
1 egg
12 oz. flour (or 1½ large cups)
2 teaspoons **Wilson's Baking Powder**
Pinch salt

Method.—Put butter into a saucepan; when melted put in the milk and make warm; place sugar in a basin, and pour on it the warm milk. Next place flour in a basin, mix in baking powder and salt, make a well in the centre, drop in the egg, then pour on milk and mix well. (The paste should be thin). Roll out and cut into shapes, place on hot floured oven shelf and bake in a hot oven ten minutes.

COCOA CAKE.

1 tablespoon golden syrup
1 egg
½ cup milk
½ teaspoon soda
1 cup flour
1 teaspoon **Wilson's Baking Powder**
1 tablespoon butter
½ cup brown sugar
1 tablespoon cocoa

Method.—Cream butter and sugar, add syrup, egg, and the milk with soda, then the rest of the ingredients. Bake in one tin for ½ hour. Ice with cocoa icing and chopped nuts.

CARAMEL PUDDING.

Brown Sugar, 1 cup
Butter, ½ oz.
Milk, 1 pint
Salt, a pinch
Wilson's Cornflour, 2 tablespoons
Egg, 1
De Luxe Vanilla Essence

Method.—Make a caramel by browning the sugar and butter in a saucepan. Pour on the milk and bring to the boil, stir in the cornflour blended with a little milk. Boil gently for five minutes. Remove from fire and stir in the egg. Pour into a glass bowl to set.

GROUP 5. 2 OZ. BUTTER, 1 OR 2 EGGS.

STANDARD MUFFINS.

2 cups flour
4 teaspoons **Wilson's Baking Powder**
¾ teaspoon salt
2 tablespoons sugar
1 egg
1 cup milk
2 tablespoons melted butter

Method.—Sift together the flour, baking powder, salt, and sugar. Beat egg well and combine immediately with the sifted dry ingredients. Beat until just dampened. Half fill greased muffin tins. Bake 20 minutes.

CHINESE CHEWS.

2 eggs
1 cup sugar
1 level tablespoon melted butter
1 teaspoon essence of vanilla
Pinch salt
1 cup flour
½ teaspoon **Wilson's Baking Powder**
¾ cup chopped dates
¾ cup chopped walnuts
¾ cup preserved ginger

Method.—Beat eggs and sugar, add melted butter and vanilla, then flour, salt and baking powder mixed, and lastly fruit. Bake in square tin in moderate oven for 30 minutes. Cut while hot.

SPONGE SANDWICH.

Put 3 tablespoons milk and 1 teaspoon butter on stove to get thoroughly hot. Beat up 2 eggs and a small cup of sugar till creamy. Add a small breakfastcup flour sifted with ½ teaspoon cream of tartar (substitute). Now stir ½ teaspoon bicarbonate of soda into the hot milk (which will froth up)—and add to mixture. Bake for approximately 7 to 10 minutes.

HONEY CAKES.

Butter, 2 tablespoons
Honey, ½ lb.
Egg, 1
Flour, 3 teacups (level)
Grated Rind of one lemon
Wilson's Baking Powder, 1 teaspoon

Method.—Cream the butter and honey, add beaten egg, sifted flour, lemon rind and baking powder. Place in greased tins or paper cases. Brush with milk or egg and sprinkle with sugar. Bake in a quick oven about 15 minutes.

RICE BUNS.

Ground Rice, 5 oz.
Flour, 3 oz.
Salt, a pinch
Wilson's Baking Powder, 1 teaspoon
Sugar, 1 oz.
Butter, 2 oz.
Sultanas, 3 oz.
Lemon Peel, 1 oz.
Egg, 1
Milk, a little

Method.—Sift rice, flour, salt and baking powder. Add sugar and rub in butter. Scald sultanas, peel and add. Mix to a stiff dough with egg and a little milk if needed. Form into buns, place a piece of peel on each and sprinkle with sugar. Bake in a quick oven on a greased and floured tray. Leave room for spreading.

GINGER NUTS.

Flour, 6 oz.
Salt, a pinch
Bicarbonate of Soda, ½ teaspoon
Butter, 2 oz.
Brown Sugar, 2 oz.
Ground Cinnamon, 1 teaspoon
Ground Ginger, 1 teaspoon
Treacle, 1½ tablespoons
Yolk of Egg, 1

Method.—Sift flour, salt and soda, rub in butter and add sugar and spice, mix with the warm treacle and beaten yolk. Form into rounds with two spoons. Place on a greased papered tray and bake for about 15 minutes in a moderate oven.

COFFEE CAKES.

Butter, 2 oz.
Flour, 5 oz.
Salt, a pinch
Wilson's Baking Powder, 1 teaspoon
Spice, ½ teaspoon
Nutmeg, a little
Raisins, 1 oz.
Sugar, 1 oz.
Egg, 1
Strong Coffee or **De Luxe Coffee Essence**, 1 tablespoon
De Luxe Vanilla Essence, ¼ teaspoon
Golden Syrup, 1 tablespoon

Method.—Rub the butter into the sifted flour, salt and baking powder, add spices, raisins and sugar. Beat the egg with the coffee, vanilla and syrup. Stir into the dry ingredients. Bake in paper cases or patty pans in a quick oven for 20 minutes.

QUEEN CAKES.

Butter, 2 oz.
Sugar, 2 oz.
Egg, 1
Flour, 2 oz.
Wilson's Cornflour, 1 oz.
De Luxe Essence of Lemon
Wilson's Baking Powder, ¼ teaspoon
Sultanas, 1 oz.

Method.—Cream the butter and sugar and add the egg, beat well. Sift flour, cornflour and baking powder. Stir into the butter, etc., with the essence of lemon and sultanas. Bake in patty cases in a quick oven about 10 to 15 minutes.

GINGERBREAD FRUIT CAKE.

Flour, 1½ lb.
Salt, ¼ teaspoon
Ground Ginger, 1 teaspoon
Brown Sugar, ¼ lb.
Butter, 2 oz.
Treacle, 4 tablespoons
Eggs, 2
Bicarbonate of Soda, 1 teaspoon
Milk, 1 cup
Cherries, ¼ lb.
Chopped Peel, ¼ lb.
Almonds, ¼ lb.

Method.—Sift flour and salt, add the fruit and spice. Melt the sugar, butter and treacle. Beat the eggs. Dissolve the soda in the warm milk. Mix all well together. Bake in two square gingerbread tins for about an hour. When cold, ice with glacé icing.

STRAWBERRY DELIGHTS.

2 tablespoons sugar
1 egg
½ teaspoon **Wilson's Baking Powder**
2 tablespoons butter
1 heaped tablespoons flour
1 heaped tablespoon **Self Help Custard Powder**

Method.—Cream butter and sugar together, add the egg, then mix flour, baking and custard powders together, and add by degrees to mixture. Place in greased patty tins on cold oven shelf, and bake ten minutes. When nearly baked, place a teaspoonful of strawberry jam on each, and then bake a little longer. You can use any one of your favourite jams.

ROCK CAKES.

1 breakfastcup flour
2 heaped dessertspoons sugar
2 oz. currants
2 oz. butter (or lard)
1 oz. or 1 round candied peel
1 teaspoon **Wilson's Baking Powder**
1 egg
Milk to mix

Method.—Rub butter (or lard) into the flour, then add the other dry ingredients, the egg beaten, and sufficient milk to make stiff dough. Place in rocky shapes on cold greased oven shelf, and bake in hot oven 10 to 12 minutes.

PEACH COFFEE CAKE.

2 tablespoons butter
¼ cup sugar
1 egg, beaten slightly
1⅔ cups flour
½ teaspoon salt
2 teaspoons **Wilson's Baking Powder**
½ cup milk
Sliced peaches, tinned or fresh

Method.—Cream butter and sugar, add egg, add rest and mix only till ingredients are mixed and blended. Pour into prepared tin. Put peaches on top of mixture: 2 tablespoons flour, ½ teaspoon butter, ¼ cup sugar, 1 teaspoon cinnamon. Crumble all together and sprinkle on top. Bake in moderate oven.

UPSIDE-DOWN CAKE.

1 egg
1 teacup sugar
2 tablespoons butter (melted)
1 teaspoon essence of vanilla
1 cup flour
1 teaspoon **Wilson's Baking Powder**
¼ cup milk

Method.—Beat egg and sugar, add melted butter, milk, flour and baking powder, then essence. Beat mixture well. Now melt 2 tablespoons butter and pour into deep sandwich tin, then spread over evenly ½ cup light brown sugar, ½ cup chopped walnuts, 1 cup stoned dates. Pour mixture over and cook in a moderate oven for 25 minutes.

COCONUT BUTTONS.

Flour, 5 oz.
Salt, a pinch
Wilson's Baking Powder, 1 teaspoon
Butter, 2 oz.
Sugar, 2 oz.
Coconut, ½ teacup
Egg, 1 small
De Luxe Cochineal, a few drops

Method.—Sift flour, salt and baking powder. Rub in butter and add sugar and coconut. Beat egg and colour with cochineal. Mix to a stiff paste. Form into rounds. Roll in sugar and bake in a moderate oven about 10 minutes.

Note.—Egg may be omitted and milk used instead.

CHOCOLATE CAKE.

2 oz. butter
½ cup sugar
1 dessertspoon golden syrup
1 egg
2 teaspoons cocoa
1 teaspoon soda
1 teaspoon **Wilson's Baking Powder**
1 cup flour
½ cup milk

Method.—Beat butter and sugar, add golden syrup. Stir well, then add the egg, beat well. Dissolve cocoa in hot water; add to the mixture. Dissolve soda in milk, then add flour and baking powder. Stir well and bake 20 minutes.

ONE-EGG SPONGE.

1 cup flour
1 tablespoon sugar
2 tablespoon golden syrup
2 teaspoons **Wilson's Baking Powder**
½ teaspoon soda
3 tablespoons milk
1 egg
1 tablespoon butter, melted

Method.—Beat egg till light, add sugar and beat again about 10 minutes. Add golden syrup. Dissolve soda in milk, and add lightly fold in dry ingredients, then add butter melted. Mix lightly all together. Pour into prepared tins. Cook in moderate oven 10 to 15 minutes.

NEW ZEALAND PUDDING.

1 breakfastcup flour
½ breakfastcup sugar
2 oz. butter
1 egg
½ cup milk
1 teaspoon **Wilson's Baking Powder**

Method.—Rub butter into flour, add baking powder and sugar, beat egg and milk together, then mix all into a batter. Place some raisins at bottom of mould or basin, pour batter over. Steam for 1½ hours.

BILLY CURRANT LOAF.

2 oz. butter
2 cups flour
1 tablespoon sugar
1 teaspoon **Wilson's Baking Powder**
Pinch of salt
A few currants
1 egg
1 cup milk

Method.—Rub butter into flour, add sugar, salt, and baking powder, then currants. Make into a soft dough with beaten egg and milk. Bake 1 hour, not removing the lid till cooked.

GENEVA CAKES.

Butter, 2 oz.
Flour, 4 cups
Salt, a pinch
Wilson's Baking Powder, 2 teaspoons
Ginger, 2 teaspoons
Cinnamon, 2 teaspoons
Sugar, 2 oz.
Eggs, 2
Milk, 2 tablespoons
Syrup, 1 cup
Spice, 2 teaspoons

Method.—Rub butter into flour and add dry ingredients. Beat eggs, add milk and syrup, and beat into dry ingredients. Bake in greased tins in a slow oven for half an hour.

GROUP 6. EGGS AND NO BUTTER.

SWISS JELLY (No Cooking).

A lovely pudding, made in a few minutes, very nourishing with its raw beaten eggs. Would be splendid for delicate people.

Dissolve 2 dessertspoons gelatine in ½ cup boiling water, and let get nearly cold. In a bowl beat 2 egg yolks with ½ bare cup sugar. Add 1 breakfastcup milk, the gelatine mixture, juice of 1 lemon, finely grated rind, is very nice. Add stiffly beaten whites of eggs and fold in. Put to set in a wetted mould.

CABINET PUDDING.

Milk, 1 pint
Stale Cake, 4 oz.
Eggs, 1
Sugar, 1 oz.
Salt, a pinch
De Luxe Vanilla Essence

Method.—Cut the cake into neat pieces and arrange in a buttered dish. Proceed as for baked custard. May be steamed or baked.

PLAIN SPONGE SANDWICH.

Egg, 1
Sugar, 3 tablespoons (level)
Water (cold), 1 tablespoon
Flour, 4 tablespoons (level)
Wilson's Baking Powder, 1 teaspoon (level)
De Luxe Essence

Method.—Beat the egg, add the sugar and beat 10 minutes, add the water and essence. Stir in the sifted flour, lastly the baking powder. Bake in a greased and floured sandwich tin in a hot oven about 10 minutes.

PIKELETS.

1 dessertspoon sugar
1 egg
1 breakfastcup flour
1 teaspoon **Wilson's Baking Powder**
¾ breakfastcup milk
1 oz. butter (optional)

Method.—Mix flour, sugar and baking powder together, then mix egg well-beaten and milk; make a well in centre of dry ingredients and mix to a smooth paste with milk. Cook in small lots on hot greased girdle.

PANCAKES.

1 teacup flour
Pinch of salt
2 eggs
Milk
1 teaspoon **Wilson's Baking Powder**

Method.—Mix well dry ingredients, add eggs, well-beaten, and enough milk to make a thin batter. Put batter into a jug. Have lard or butter in pan smoking hot, cover bottom of pan with batter and fry a nice brown. Turn over and fry the other side. Sprinkle with sugar and roll up. Serve at once.

CORRIGENDUM.

Please affix to page 16:

KARA BISCUITS

should read

1 large cup of sugar

instead of

1 large cup of flour.

ly dry

ile foaming over sugar and egg, ginger and salt; beat well. Then add vinegar, and lastly flour. Roll out very thin, cut in fingers, sprinkle with chopped peel and sugar, and bake in a brisk oven about 15 minutes.

SWISS ROLL.

2 eggs
3 oz. sugar
A little salt
2 oz. flour
½ teaspoon **Wilson's Baking Powder**

Method.—Beat eggs very well, dredge in remainder of ingredients gradually. Mix well, putting in a buttered tin. Bake in a quick oven, when taken out, spread quickly with jam and roll while hot.

FAIRY LOAF.

Break 1 egg into basin; beat in 3 tablespoons sugar, whisk well, add ½ cup milk, pinch salt, 1 cup sifted flour, 1 teapsoon **Wilson's Baking Powder.** Put in greased tin and bake half-hour.

PUDDING DE LUXE.

½ oz. gelatine
1 pint milk
2 level tablespoons sugar
2 eggs
Flavouring Essence to taste

Method.—Dissolve gelatine in milk made warm; add the yolks of eggs, well-beaten. Cook in jug standing in boiling water until it thickens. When cool, whip in whites of eggs, well-beaten. Pour into mould and let stand 12 hours. This pudding with custard blancmange is delicious.

PLUM AND ORANGE SWEET.

1 lb. plums
1 pkt. **De Luxe Orange Crystals**
1 egg
½ pint milk
sugar

Method.—Stew plums in a little water with the sugar. Pour plum juice over jelly (½ pt.). Put egg with ½ pt. milk over fire till thick, add jelly. Put plums in a glass dish, pour mixture over and leave to set.

APPLE PUDDING.

Make syrup, 1½ cups water, 2 cups sugar, 1 teaspoon cinnamon or spice, ¼ teaspoon salt, bring to boil and drop in peeled and corded apples. Do not let fruit brake up. Take 1 beaten egg, 1 cup milk, 1 cup flour, 1 tablespoon butter (melted), 1 teaspoon **Wilson's Baking Powder** added lastly. Put piece butter in bottom of pie dish and put in oven to melt. Then pour a little of the batter on the bottom, then the hot fruit and rest of batter, then pour over the syrup. Bake in moderate oven.

SPRING BEAUTY CAKE (No Butter).

1 level cup flour
1 cup sugar
1 teaspoon **Wilson's Baking Powder**
2 teaspoons lemon juice
2 eggs
Salt
6 tablespoonfuls milk

Method.—Beat eggs, add sugar gradually, then lemon juice. Fold in flour a little at a time. Add hot milk and stir quickly, cook moderate oven, 35 minutes. Ice with—

Strawberry Fluff Topping.—Combine 1 egg white unbeaten, ½ cup sugar, salt and ¼ cup strawberries in top double boiler and beat with egg-beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater and cook 3 minutes, or until mixture stands in peaks. Remove and fold in sliced strawberries.

DELICATE PUDDING.

1 pint water, 2 tablespoons sugar, 1½ tablespoons cornflour dissolved in a little cold water, flavouring. Boil water and sugar, stir in the moistened cornflour. When cooked, remove from the fire, add flavouring, then stir in the stiffly beaten whites of 2 eggs. Pour into a mould to set. Make a custard of the 2 egg yolks and milk, and pour round the dish.

FIVE-MINUTE PUDDING.

½ cup flour
2 eggs
¼ cup sugar
2 teaspoons **Wilson's Baking Powder**
Salt
Jam

Method.—Put flour, sugar, baking powder and salt in a bowl. Drop in both eggs and beat with a spoon till mixture is smooth—about 2 minutes. Grease and flour a **large** tin—it must be a large tin, for though the mixture barely covers the bottom, it swells and swells in cooking, and nearly fills the tin—a large meat tin is best. Also, line bottom of tin with paper, greased and floured. Pour in the mixture, and cook in a moderate oven for 5 minutes. Turn on to a paper sprinkled with icing sugar. Spread with warmed jam, roll up quickly, and serve immediately, with sweet sauce. Make a good jam roll for afternoon tea, but must be eaten same day as made.

GROUP 7. SUET AND NO EGGS.

GINGER PUDDING.

Breadcrumbs, 1 teacup heaped
Flour, 1 teacup heaped
Chopped suet, 1 teacup level
Sugar, 2 tablespoons
Salt, a pinch
Syrup, 2 tablespoons
Nutmeg (quarter)
Spice, 1 teaspoon
Ginger, 1 teaspoon
1½ teaspoon **Wilson's Baking Powder**
Milk, 1 teacup

Method.—Mix the dry ingredients, moisten with the liquid. Steam in a greased basin for 3 hours.

GINGER PUDDING.

2 cups wholemeal, 1 cup sultanas, ½ cup brown sugar, 2 teaspoons ginger, 1 teaspoon cinnamon, ¾ cup suet to shorten, 1 tablespoon (large) golden syrup, 1 teaspoon soda, 1 teaspoon mixed spice.

Method.—Mix very slack with milk. Steam or boil for about 3 hours.

PRUNE ROLY-POLY.

12 oz. flour
2 oz. breadcrumbs
5 oz. suet
Cold water and lemon juice
Prunes, as below

Method.—Sift the flour with a pinch of salt, add the suet and crumbs, mix well, then put in gradually about 1½ gills of water, and a teaspoonful of lemon juice, mixing to a firm paste. Flour board, roll the crust out evenly and lightly, fold in three, turn (just as for flaky pastry), roll and fold again, then roll out for use. This will make two moderate-sized puddings, which should be steamed for 2½ hours each. Use a greased paper first, next to the crust, then tie in a thin cloth, and cook in a large potato steamer, or any other—there are many varieties.

For the Prune Mixture.—Wash and soak ½ lb. prunes in cold water to cover, cook gently, remove the stones, add a little brown sugar and mixed spice, and cook to the consistency of jam. Use when cold.

DATE PUDDING.

6 oz. flour
3 oz. dates (full weight after stoning)
3 oz. sugar
3 oz. suet
Grated nutmeg or mixed spice to taste
½ pint milk
½ teaspoonful carbonate of soda
Pinch of salt

Method.—Mix the flour with spice, salt and sugar, mince the dates and mix them with the flour, etc., add suet, then boil the milk and stir the soda in off the fire, pour it into the centre of dry ingredients and beat well together. Steam in a greased basin for 3½ hours. Sauce is optional, but an improvement.

Note.—Reserve a little of the flour (at first) to sprinkle over the dates before adding them to the rest, as they "cake" somewhat if carelessly added.

STEAMED APPLE AND FIG PUDDING.

1 cup breadcrumbs (brown preferable)
12 oz. figs (cut up)
1 cup milk
1 cup grated suet
1 teaspoon **Wilson's Baking Powder**
1 cup flour
1 cup brown sugar
1 lb. grated apple
Pinch of salt

Method.—Mix dry ingredients well together. Add other ingredients, lastly milk. Put into greased basin, cover with a piece of buttered paper. Steam 4 hours.

JAMES PUDDING.

1 cup chopped suet
2 breakfastcups flour
Jam
Water to mix
2 teaspoons **Wilson's Baking Powder**
¼ breakfastcup sugar

Method.—Mix all dry ingredients, add sufficient water to make a stiff dough, divide into three, place alternately in greased basin a layer of dough, then jam; steam 3 hours. Serve with sweet or jam sauce.

APPLE PUDDING.

8 oz. flour
4 oz. suet
Pinch of salt
1 teaspoonful of **Wilson's Baking Powder**
1½ lbs. apples
2 oz. sugar
A few cloves or juice of half a lemon

Method.—Peel, core and cut apples into slices; make crust, following directions for **Suet Crust for Puddings;** roll out fairly thin. Line greased basin with the crust, fill in half the fruit and sugar, then the remainder of the fruit and sugar and lemon juice or cloves. Cover over with paste, joining it to edges of the lining of the basin. Cover with greased paper and steam for 2 hours.

SUET PUDDING (Plain).

1 lb. flour
6 oz. suet
Large teaspoonful **Wilson's Baking Powder**
Pinch of salt

Method.—Mix flour, baking powder and salt, then add suet. Moisten with water to a fairly stiff paste. Steam for 2 hours.

SUET CRUST FOR PUDDINGS.

1 lb. flour
½ lb. suet
½ teaspoon **Wilson's Baking Powder**
Pinch of salt

Method.—Mix flour, baking powder and salt well together, add suet, and mix—do not rub it in. Add water to mix to a firm paste (about a small teacupful), and roll out.

GINGER FRUIT ROLL.

Roll out into oblong shape ¾ lb. good suet pastry. For the filling mix ¼ lb. peeled and chopped apples, 5 oz. sultanas, 1 oz. peel, 1 tablespoon sugar, 1 good tablespoon shredded suet, 1 teaspoon ground ginger, pinch mixed spice, little nutmeg.

Method.—Mix together well and lay on paste. Leave an inch at the side, moisten them, roll up and seal edges well. Wrap in a cloth (or buter-paper, then cloth) and boil 2 hours. Serve with warm golden syrup.

BLACK AND WHITE PUDDING.

1 teacupful suet
1 teacupful flour
1 teacupful black currant jam
1 teacupful breadcrumbs
¾ teacupful milk
Pinch of salt
½ teaspoonful carbonate of soda

Method.—Mix the suet, flour, bread, salt and soda with a fork. Beat the jam and milk together, then mix all thoroughly. Grease basin, pour the mixture in, leaving a third of the space for rising. Cover with greased paper twisted round. Steam for 3 hours. Serve with sweet sauce.

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PUDDING.

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Steam for 3 hours. Serve

APPLE CHARLOTTE.

Apples, 2 lb.
Suet, chopped fine, 2 oz.
Breadcrumbs, ½ lb.
Sugar, ¼ lb.
Lemon, 1

Method.—Peel core and slice the apples. Mix suet, crumbs, sugar and lemon rind. Fill the pie dish with alternate layers. Sprinkle with lemon juice. Finish with layer of crumbs. Cover with apple parings and bake for about one hour. Remove parings and bake till brown.

WEST INDIAN PUDDING.

Mash 3 or 4 bananas, with 2 tablespoons sugar and the juice of a lemon.

Method.—Grease a pie dish, put in a layer of banana, then a layer of breadcrumbs. Continue layers till all banana is used up. Finish with a layer of breadcrumbs. Sprinkle over a little cinnamon (if liked), and dot with suet.

STIR-UP PUDDING.

4 oz. flour, 4 oz. shredded suet, 4 oz. breadcrumbs, 4 oz. sugar, 1 egg and a little milk, ½ lb. rhubarb or apples, or any fresh fruit.

Method.—Put dry ingredients into basin; mix with beaten egg and milk to a thick batter. Stir in the fresh fruit. Put in a greased basin, cover and steam at least 2 hours.

JAM LAYER PUDDING.

10 oz. flour, 1½ teaspoons **Wilson's Baking Powder,** ¼ teaspoon salt, 3 oz. shredded suet, cold water to mix, jam.

Method.—Grease pudding basin and put 1 tablespoon jam at the bottom. Sift flour and salt into basin, add suet and mix to a light dough with the water. Roll out a small round of the pastry and put it over the jam. Continue with layers of jam and pastry finishing with a layer of pastry. Cover with greased paper, and steam 2 hours.

Alternative Fillings.—(1) golden syrup, lemon rind and breadcrumbs; (2) chopped dates, lemon juice and golden syrup; (3) mincemeat; (4) any surplus tinned or stewed fruit.

GROUP 8. DRIPPING AND EGGS.

OATMEAL BISCUITS.

Flour, 4 oz.
Cinnamon, 1 teaspoon
Oatmeal, 2 oz.
Dripping, 3 oz.
Sugar, 2 oz.
Egg, 1
Ginger, 1 teaspoon
Salt, ¼ teaspoon
Wilson's Baking Powder, 1 teaspoon

Method.—Sift flour, salt and baking powder, rub in the dripping; add sugar and egg. Press together. Roll out. Cut and bake in moderate oven.

CARROT CAKE.

½ cup dripping (creamed with lemon juice and a pinch of soda), ½ cup brown sugar, 1 egg, 1 cup mixed fruit (sultanas, dates, raisins), a little preserved ginger or lemon peel and ½ teaspoon each of cinnamon and nutmeg, 1 cup grated carrot (raw), 1½ cups flour, 1 teaspoonful **Wilson's Baking Powder.**

Method.—Cream together dripping and sugar, add beaten egg and mix thoroughly, add carrot and beat lightly. Now add all other ingredients (flour mixed, with baking powder last of all). Place in a greased and floured cake tin and bake in good oven for about 45 minutes.

DATE CAKE.

4 oz. grated carrot, 1½ cups water, 3 oz. Brown sugar, 3 oz. margarine or dripping, 4 oz. chopped dates, 8 oz. self-raising flour, ½ teaspoonful salt, 1 teaspoonful mixed spice, 1 teaspoonful bicarbonate of soda, 2 tablespoonfuls warm milk.

Method.—Put into a saucepan the carrot, water, sugar, margarine and dates. Boil up and simmer gently for 5 minutes. Stir frequently. Turn into a basin and leave mixture until it is cold. Sift the flour with the salt and spice. Work these into the boiled mixture with your hand until thoroughly blended. Dissolve the bicarbonate soda in the milk and stir in. It requires care to mix the raising in properly. Turn into a greased and lined cake tin. Bake in moderate oven about 1½ hours, lessening the heat after the first 40 minutes.

HANDY CAKE.

2 breakfastcups flour
3 oz. dripping
2 teaspoons **Wilson's Baking Powder**
4 oz. sugar
4 oz. sultanas
1 oz. peel
½ teaspoon salt
1 egg and milk

Method.—Rub dripping well into the flour, add all dry ingredients. Beat the egg well, mix with a breakfastcup nearly full of milk. Mix all together and bake in greased patty pans about 15 minutes in fairly hot oven.

ROCK CAKES.

Dripping, 3 oz.
Flour, ½ lb.
Salt, ¼ teaspoon
Wilson's Baking Powder, 1 teaspoon
Sugar, 3 oz.
Sultanas, 2 oz.
Egg, 1
Milk, a little

Method.—Rub the dripping into the sifted dry ingredients, add the sultanas and mix to a stiff dough with egg and milk. Place in little heaps on a greased tray and bake in a hot oven about 10 minutes.

ROLLED OAT BISCUITS.

2 cups rolled oats
1 cup flour
3 tablespoons dripping
¾ cup brown sugar
½ teaspoon baking soda
2 tablespoons water

Method.—Mix together, add essence of almonds to taste. Bake slowly, till brown.

POTATO BISCUITS.

½ lb. flour
1 teaspoon **Wilson's Baking Powder**
A little grated cheese, if liked
3 large potatoes, boiled and mashed
¼ lb. dripping
Salt

Method—Rub dripping into flour and baking powder, add potatoes, roll out and cut into biscuits. Bake about 10 minutes. To be eaten hot.

OAT CAKE.

1 breakfastcup oatmeal
¼ teaspoon salt
1 tablespoon sugar
Cold water
1 teacup flour
¼ teaspoon soda
1 tablespoon beef dripping

Method.—Sift flour, salt and soda and add oatmeal and sugar, rub dripping in finely. Mix to a firm paste with water, roll out, cut and bake in quick oven.

RICH FAMILY FRUIT CAKE.

Cream 10 oz. of the best dripping and the juice and grated rind of a lemon, add 1 lb. dark-brown sugar and 2 eggs. Sift in 2 lbs. flour and 1 teaspoonful **Wilson's Baking Powder,** ¾ pkt. of spice, then add 1 pint sour milk and 1 heaped teaspoonful baking soda.

Method.—Mix well, then add 3 lbs. mixed fruit. Put into a tin well lined with greased paper. Bake in a moderate oven 3½ hours, reducing the heat after the first hour. This cake is moist and keeps well.

STEAMED PUDDING.

1 egg
3 tablespoons sugar
1 teacup milk
Flour
1 teaspoon **Wilson's Baking Powder**
1 dessertspoon melted dripping

Method.—Beat egg and sugar together for five minutes, add melted dripping, then milk. Stir in enough flour to make a thick batter, and lastly baking powder. Put in a greased basin and steam ¾ to 1 hour. (This recipe can be used as a Baked Pudding, with jam, fruit, or syrup put in bottom of dish).

MASHED POTATO DOUGHNUTS.

4 tablespoons lard or dripping, 1½ cup sugar, 4 teaspoons **Wilson's Baking Powder,** 1 teaspoon salt, 2 eggs, 4 cups flour, ½ cup milk, 1 cup mashed hot potatoes.

Method.—Cream fat and sugar, mashed hot potatoes. Beat well. Now add beaten eggs. Sift flour and baking powder and salt. Add alternately with the milk. Mix well. Cinnamon may be added. Roll and cut. Cook in deep boiling fat, till light brown. Turn them. Drain and roll in icing sugar. The dough should be rolled out flat, and cut the round out. To make the holes, the top of a lemonade bottle is good.

CHOCOLATE CAKE.

4 oz. dripping creamed well with a teaspoon of lemon juice or vinegar, and a pinch of salt, 1 cup sugar, 2 eggs, 1 cup milk, 1 tablespoon cocoa, 2 teaspoons cream of tartar and 1 teaspoon soda (or 2 teaspoons **Wilson's Baking Powder),** 1 teaspoon vanilla essence, 1½ cups flour.

Method.—Beat dripping and sugar. Break eggs into basin and beat well. Add milk to egg mixture and beat again. Dredge dry ingredient on to a large plate. Add half-eggs and milk to the creamed dripping and sugar, then half the dry ingredients; then rest of egg mixture and rest of dry ingredients. Bake 1½ hours.

WHOLEMEAL SPONGE.

6 oz. raw sugar, 3 oz. good dripping (creamed with a teaspoon lemon juice), 2 teaspoons mixed spice, ½ teaspoon cinnamon, 3 tablespoons golden syrup, 2 eggs, 1½ breakfastcups wholemeal, 1 teaspoon baking soda, 2 tablespoons milk.

Method.—Cream together sugar, dripping, syrup, spice and cinnamon. Beat eggs well and add. Dissolve baking soda in milk and add, then finally add the wholemeal. Put into sandwich tins and bake 15 to 20 minutes in a moderate oven.

GOLDEN STEAM PUDDING.

½ lb. flour, 3 tablespoons dripping, 2 tablespoons sugar, 2 tablespoons golden syrup, 1 teaspoon carbonate of soda, 1 cup of milk.

Method.—Rub dripping well into flour. Add sugar to melted syrup. Heat milk, and add soda to it, then mix all well together. Steam 2 to 3 hours. It is a very wet mixture, but turns out a very light pudding.

GOLDEN SYRUP PUDDING.

2 cups flour, 2 heaped tablespoons warmed dripping, 2 teaspoons **Wilson's Baking Powder,** ½ teaspoon ground ginger, cinnamon or spice, 1 large tablespoon golden syrup melted with boiling water to make ½ cup, ½ cup sultanas.

Method.—Sift dry ingredients, then rub in the warmed dripping, then add sultanas. Stir in the golden syrup, then use milk, or milk and water to bring the mixture soft enough. Put in a greased basin, cover with butter-paper, and boil for 2 hours. If not sweet enough, more golden syrup or sugar could be added to taste.

GOOD DRIPPING PASTRY.

1 cup dripping, 1 cup milk, 1 teaspoon **Wilson's Baking Powder,** 2 cups flour, a little salt.

Method.—Cream dripping well. Add milk gradually, beating all the time. Finally add flour sifted with baking powder and salt. The longer you beat the dripping and milk, the lighter the pastry.

SHORT CRUST.

¼ lb. good beef dripping (if desired, half dripping, half butter), 2 teaspoons vinegar, 1 large cup flour, 1 teaspoon **Wilson's Baking Powder,** milk to mix.

Method.—Cream dripping, then add vinegar and mix in well; then add flour and baking powder well sifted, and enough milk to make a stiff dough. Roll out and bake in a moderate oven. This quantity makes 1 large pie and small tarts for lunches.

LARD PASTRY.

Sift 8 oz. flour with 1 teaspoon **Wilson's Baking Powder,** and a pinch of salt. Add it to 3 oz. lard creamed with 2 teaspoons vinegar or lemon juice, in a bowl.

Method.—Mix with milk and roll out.

BUNS.

¼ lb. dripping, 1 cup sugar, cream together. Add 1 tablespoon vinegar, 2 eggs, 2 large cups flour, 2 heaped teaspoons **Wilson's Baking Powder,** pinch of salt and a little essence.

Method.—Put in dessertspoon lots on a cold tray, and bake for about 10 minutes in a hot oven.

Variation No. 1.—Add to the foundation mixture ½ to 1 cup of dates, or any fruit you can get.

Variation No. 2.—Add 2 tablespoons cocoa in a little boiling water. Put together with jam, and ice with chocolate icing.

(You can also use either orange or lemon essence for variety; or add coconut; or even add spice, cinnamon or nutmeg, and glaze the tops with sugar).

DEVIL'S FOOD CAKE.

¼ cup shortening—dripping, lard or margarine, 1 cup sugar, 2½ oz. unsweetened chocolate, ½ cup mashed potatoes, 1 egg, ⅜ cup milk, 1¼ cups flour, 2 teaspoons **Wilson's Baking Powder,** ½ cup chopped nuts, ½ teaspoon vanilla.

Method.—Cream dripping; add sugar, melted chocolate (you could substitute cocoa) and mashed potatoes.

Mix well. Add egg yolk, milk and flour, and baking powder which have been sifted together. Beat well; add nuts vanilla and beaten egg white; mix thoroughly. Bake in a greased shallow tin in moderate oven 25 to 35 minutes. Frost with a good chocolate or marshmallow icing.

BROWNIE CAKE.

2 lb. flour, 1 lb. sugar, ½ lb. dripping, 1 lb. fruit, 2 teaspoons soda, 1 pint buttermilk, spice or ginger to taste.

Method.—Mix and bake in a moderate oven.

AMERICAN CHOCOLATE CAKE.

Beat till smooth—½ cup cooca, ¾ cup sugar and ½ cup water.

Method.—Cream 3 oz. lard, ½ teaspoon salt, and ¾ cup sugar very well. Add 2 eggs and flavouring (vanilla). Add mixture of cocoa, etc. Add 1¾ cups sifted flour and 2 teaspoons **Wilson's Baking Powder** alternately with ¾ cup milk. Put into 2 sandwich tins and bake about 35 minutes in a moderate oven. Better after a couple of days.

Frosting for Cake.—White of 1 egg, ¾ cup sugar, small ¼ cup water. Put in saucepan, and stand over frying pan of boiling water. Beat constantly till it will hold its shape, then take off and add a teaspoon of vanilla. Beat till stiff, then pour over cake.

GINGER CAKE.

1 cup dripping, 1 cup sugar, 3 cups flour, 1 cup treacle or golden syrup (treacle preferably), 2 teaspoons ground ginger, ½ pkt. mixed spice, 1 cup milk, 1 teaspoon baking soda.

Method.—Rub dripping, sugar, ginger and spice into the flour. Mix treacle, milk and soda together. Then mix both together. Bake 1½ hours in a slow oven.

FRUIT CAKE.

4 oz. dripping, ½ cup milk, ¼ cup cold water, 1 tablespoon treacle, 1 small teaspoon soda, ¾ cup brown sugar, 1 teaspoon ginger, ½ cup flour, 1 teaspoon spice, ¾ lb. currants, dates, sultanas, raisins, lemon peel, and a little essence.

Method.—Melt dripping, treacle, milk, water and sugar in saucepan. Mix all dry ingredients and stir in heated mixture. Lightly pour into papered tin and cook in a moderate oven for 1½ hours.

IRISH PLUM CAKE.

Sift 2 lbs. flour into a bowl; rub in ½ lb. good dripping. Add ½ lb. brown sugar, then 2 lbs. fruit (mixed) and peel.

Method.—Mix together in a basin, 1 teaspoon baking soda and 1 teaspoon cream of tartar (substitute), and pour over them a pint of sour milk. Then beat 2 eggs and mix the cake with whole. The mixture must be moist. Bake in steady moderate oven for 3 hours. This cake is said to look and taste like a pound cake.

FRUIT CAKE.

1 cup good dripping, creamed with 1 teaspoon lemon juice; add 1 cup sugar and cream again well.

Method.—Add 2 eggs one by one, and beat. Warm ½ cup treacle with ¾ cup milk, and add it alternately with: 3 cups flour sifted with 2 teaspoons **Wilson's Baking powder,** and 2 cups fruit and grated rind of 1 lemon. Cook in moderate oven.

MYSTERY CAKE.

½ lb. good dripping (or ¼ lb. dripping, ¼ lb. butter), 1½ cups sugar, 3 teaspoons cocoa, 1 egg, 1½ cups milk, 1 teaspoon cinnamon, 3 cups flour, ¼ teaspoon spice, 4 level teaspoons cream of tartar, or substitute 2 level teaspoons baking soda, ½ lb. currants, sultanas, dates, walnuts and raisins mixed.

Method.—Cream dripping and sugar, add egg, milk or water, cocoa previously beaten together. Then add flour, sifted with spice, etc., the soda as well, mix well, then add fruit. Bake in a moderate oven 1½ hours. Its size and goodness will be the solution to the mystery cake when you try it.

SODA CAKE.

½ lb. flour, 4 oz. fruit, ½ teaspoon mixed spice, 3 oz. sugar, 1 oz. chopped peel; ½ teaspoon soda, 3 oz. dripping, 1 gill sour milk, 1 level teaspoon cream of tartar (substitute), 1 tablespoon treacle.

Method.—Rub dripping into flour, add fruit, sugar, peel, spice, cream of tartar. Warm treacle until a liquid (not hot) and stir in soda and milk. Pour over flour mixture. Mix well, fairly stiff batter. Bake in a moderate oven for about 45 minutes.

VINEGAR LOAF.

5 cups flour, 2 cups sugar, pinch of salt, 3 small teaspoons carbonate of soda, 1 teaspoon allspice, ¾ lb. lard or dripping, 3 gills milk, egg-cup of vinegar, ½ lb. currants, ½ lb. sultanas.

Method.—Rub lard into the flour and add other ingredients. Dissolve soda in a little milk, then add to the other milk. Add vinegar last of all. Bake in a moderate oven.

ECONOMICAL CHRISTMAS CAKE.

4 breakfastcups flour, 1 lb. sugar, 1 lb. raisins or currants, ½ lb. lard, ¼ lb. candied peel, 2 large eggs, a piece of yeast about the size of a walnut, small teaspoon each nutmeg and baking soda, milk to mix.

Method.—Rub lard into flour, mix in the other dry ingredients. Make a well in mixture. Put the eggs and crumbed yeast in the well. Dissolve the soda in a little warm milk, and with a little more slightly warm milk, make into a good cake mixture. Bake in a moderate oven for 2 hours. Keep in an airtight tin for 2 weeks before using.

EGGLESS AND BUTTERLESS SQUARES.

Make a short crust with 3 bare cups flour, 1 cup good clean dripping, 1 teaspoon lemon juice, 1 teaspoon **Wilson's Baking Powder,** and cold water to mix.

Method.—Soak 6 oz. stale breadcrumbs (crusts will do) in milk or water till quite soft, then strain and beat with a fork until there are no lumps. Add 1 teaspoon baking powder, 2 cups mixed dried fruit, ½ pkt. spice, 1 teaspoon each nutmeg and cinnamon and a small cup sugar. Mix well together. Roll half the pastry into a square, spread on mixture and cover with the other half of pastry. Bake in a hot oven for 10 minutes, then reduce heat and bake for a further 20 minutes.

DROP CAKES.

½ lb. flour, ¼ lb. lard, 5 oz. sugar, 1 teaspoon **Wilson's Baking Powder,** pinch of salt, 1 egg.

Method.—Beat lard and sugar well, add well-beaten egg, and lastly flour and baking powder. Bake as usual.

GINGERNUTS.

10 oz. flour, 4 oz. lard, 4 oz. sugar, 1 tablespoon ginger, ½ teaspoon soda, 6 oz. golden syrup.

Method.—Beat lard and sugar to a cream, add the syrup, flour and ginger. Dissolve the soda in a little cold milk; work and mix into a stiff paste. Add more flour if necessary. Break off pieces the size of a nut and bake in a quick oven.

EGGLESS BISCUITS.

Put ½ cup milk, 1 cup sugar and 1 teaspoon soda in a saucepan. Boil for a few seconds, and pour over 1 lb. flour, into which has been rubbed 4 tablespoons dripping.

Method.—Mix to a stiff paste, roll out thin; cut into shapes, and bake in a quick oven.

CRISP BISCUITS.

¼ cup sugar, ¼ cup water, ¼ cup dripping, 1 heaped teaspoon **Wilson's Baking Powder,** 1 cup flour, pinch of salt.

Method.—Boil sugar and water for a few minutes. Rub fat into flour; add baking powder and salt. Mix to a stiff dough with syrup. Roll out thinly, cut into shapes. Cook in moderate oven, about 20 minutes.

BELGIAN BISCUITS.

8 oz. flour, 4 oz. bacon dripping, 4 oz. light brown sugar, 1 dessertspoon each spice and cinnamon, 1 egg.

Method.—Rub fat into flour; add sugar, spice, etc. Drop in unbeaten egg. Mix very well. Stand aside for an hour, then roll out very thin. Cut into rounds and bake in a slow oven from 5 to 10 minutes. Stick two together with raspberry jam, Can ice (or not).

DIGESTIVE BISCUITS.

Bring ½ cup milk and 1 cup sugar to boiling point. When boiling add 1 teaspoon baking soda. Set to cool. Into 2 cups flour and 1 cup wholemeal, and ½ teaspoon salt, rub 1 cup dripping; add 1 tablespoon golden syrup.

Method.—Mix with cold mixture. Roll out. Cut into squares and bake in a moderate oven.

RAISIN AND NUT SLICES.

3 oz. dripping (creamed with a teaspoon of lemon juice and a pinch of baking soda), ½ cup sugar, 1 egg, 2 cups flour (or one wholemeal) ½ teaspoon **Wilson's Baking Powder.**

Method.—Cream sugar and dripping, add egg, then dry ingredients. Press ½ mixture into sponge-roll tin. Cover with layer of raisins—a thick layer (or sultanas). Then place other layer of shortcake on top. Over top layer place a good quantitiy of chopped or minced nuts—peanuts or cashews, and sprinkle with salt. Press the nuts into the shortcake, and bake in a moderate oven. These are very nice and have a most unusual flavour.

COFFEE WHOLEMEAL BISCUITS.

Put in a saucepan 1 cup dripping, 1 cup golden syrup, 2 tablespoons coffee essence, and bring to boiling point. Sift together 4 cups flour, 3 teaspoons **Wilson's Baking Powder,** and a pinch of salt. Add 1 cup wholemeal and ¾ cup sugar.

Method.—Make a well in dry ingredients, pour in the boiling coffee mixture and mix to a firm dough. Knead a little, roll out very thin on a floured board, cut with a biscuit cutter and bake 10 minutes in a very hot oven.

GINGERBREAD MEN.

Melt together a small cup golden syrup and a large cup of good dripping. Then add 3 large cups of flour, 1 level cup sugar, 1 dessertspoon baking soda, 1½ teaspoons cinnamon, 1½ teaspoons spice, 1 dessertspoon ginger. Mix well.

Method.—Roll out and form pieces into the shape of little men. Cook in a slow oven from 15 to 20 minutes.

ASSORTED BISCUITS.

Foundation.—Boil 1 cup sugar and ¾ cup milk, and when boiling add ¾ teaspoon baking soda. Use a big saucepan, as it fluffs up and spills. Put this syrup aside to cool. In another basin, rub 6 oz. dripping into 3 cups flour, some of which may be wholemeal.

First Biscuit.—Take quarter of the flour and dripping mixture, add ½ teaspoon any flavouring, and enough of the cool syrup to make into a stiff dough. Roll out, cut into rounds, bake about 10 minutes. Variety of flavourings makes more biscuits.

Second Biscuit.—Take quarter of the flour; add 1 tablespoon sugar, 2 tablespoons coconut and mix with enough syrup as before. Bake.

Third Biscuit.—Take what is left, and a heaped tablespoon of sugar, and 1 tablespoon cocoa. Mix with rest of syrup, roll out as before, and bake.

Fourth Biscuit.—With all the scraps left, roll out, spread with jam, sprinkle with coconut. Fold over, cut into fingers. Bake 15 minutes. Fruit may also be added for further variety.

EGGLESS, BUTTERLESS, MILKLESS CAKE.

Boil together for 5 minutes: 2 large cups (level) sugar and 2 large cups water, 1 lb. seeded raisins or sultanas, 2 heaped tablespoons dripping.

Method.—When cool, add 1 heaped teaspoon soda, 1 small teaspoon salt and 3 large cups flour. Bake for about 1 hour.

CRISPY BISCUITS.

4 oz. flour, small ½ teaspoon **Wilson's Baking Powder**, 4 oz. dry breadcrumbs, 1 oz. sugar, 1 oz. margarine, lard or dripping, pinch of salt, flavouring if possible; milk to bind.

Method.—Take crusts and small waste bread, brown in oven, crush with roller on pastry board, and sieve. Mix with flour. Add other dry ingredients. Melt the margarine and mix in. Warm a little milk and mix to a stiff paste. Roll out very thin. Cut in rounds and cook in a hot oven, till brown.

MALT BISCUITS.

Melt ¼ lb. dripping or margarine (add a little salt and lemon juice), 2 tablespoons malt (level), and 2 heaped tablespoons sugar.

Method.—Beat well, and add 1 teaspoon baking soda dissolved in 2 tablespoons boiling water; 1 teaspoon essence of vanilla, and ½ lb. flour. Roll in balls and press with fork. Bake in fairly hot oven.

OATCAKE BISCUIT.

4 oz. flour, 6 oz. medium oatmeal, 1 teaspoon sugar, 2 tablespoons good dripping, pinch salt, little lemon juice and ½ teaspoon **Wilson's Baking Powder.**

Method.—Cream dripping well with salt and lemon juice. Add other ingredients and blend thoroughly. Add sufficient milk to bind well together. Roll out about ⅛ inch thick, cut into squares and prick. Bake in a moderate oven about 15 minutes.

GINGERNUTS.

3 cups flour, 1 cup dripping, 1 cup golden syrup, 1 cup sugar, 1 tablespoon ground ginger, 1 teaspoon cinnamon, 1 teaspoon soda dissolved in a little hot water.

Method.—Melt dripping, golden syrup and sugar, and add to sifted flour, ginger and cinnamon. Mix and add soda and hot water. Bake in spoonfuls (small) in moderate oven.

CHOCOLATE RING CAKE.

¼ lb. dripping
½ cup milk
1 cup flour
4 teaspoons cocoa
1 teaspoon **Wilson's Baking Powder**
½ cup sugar
1 egg
½ teaspoon Essence De Luxe

Method.—Cream dripping and sugar thoroughly—add egg and beat well. Sift flour and cocoa together and add to mixture alternately with milk, stirring lightly. Add essence. Bake in moderate slow oven, 30 minutes.

CHOCOLATE CAKE.

½ cup dripping
¼ teaspoon salt
1 cup sugar
1 cup milk
4 level teaspoons **Wilson's Baking Powder**
1 tablespoon cocoa
1¾ cup flour
1 teaspoon Essence De Luxe
1 egg

Method.—Cream dripping and sugar, add beaten egg, half milk. Mix well, add half sifted flour and baking powder, salt, cocoa, then rest of milk. Lastly add remaining flour and flavouring, beating well all the time. Bake in two greased lined layer tins for 20-25 minutes.

GINGER BISCUITS.

½ large cup golden syrup
½ large cup dripping
1 tablespoon sugar
1 tablespoon ginger
1 tablespoon soda
Salt

Method.—Melt dripping and golden syrup. Add other ingredients and enough flour to make stiff dough. Roll on floured board and cut in fingers. Bake in moderate oven 10 minutes.

BROWN CAKE.

1 lb. flour
½ lb. dripping
½ lb. sugar
½ lb. currants
½ lb. sultanas
Ginger and raisins if liked
2 teaspoons soda
2 tablespoons vinegar
½ oz. powdered ginger
Milk to mix

Method.—Bake in moderate oven till deep brown.

EGGLESS CAKE.

1¼ flour
¾ lb. sugar
½ dripping
½ lb. sultanas
½ lb. preserved ginger
2 oz. lemon peel
1 teaspoon carbonate soda dissolved
1¼ cups milk

Method.—Bake in moderate oven 1½ hours.

VINEGAR CAKE.

3 cups flour
1 cup currants
2 teaspoons carbonate soda
1 cup sugar
1 cup seeded raisins
2 tablespoons vinegar
1 teaspoon spice
1 cup dripping
1 cup milk

Method.—Rub dripping into flour. Add other ingredients, then milk and soda, then vinegar. Bake slowly 2½ to 3 hours.

YANKEE CAKE.

1 rounded tablespoon dripping
3 tablespoon soft sugar
1½ cups flour
½ cup milk
1 teaspoon soda
1 egg and 1 yolk
2 teaspoons cream of tartar (substitute)
½ teaspoon De Luxe vanilla essence
½ teaspoon De Luxe essence, raspberry
Few drops carmine
1 heaped teaspoon mixed spice
Coconut filling

Method.—Cream dripping and sugar; add egg and the yolk; beat these together; add milk and soda, flour and cream of tartar sifted; divide into 3 parts; put essence vanilla into first, essence raspberry and carmine into second, and spice into third. Bake separately in greased tins. Time, about 10 minutes. When cold, put together with coconut filling; put a little on top and sprinkle with coconut.

COCONUT FILLING.

1 cup milk or water
½ cup sugar
¾ cup coconut
1 tablespoon cornflour
1 white of an egg
½ teaspoon De Luxe vanilla essence

Method.—Put milk and sugar on fire, bring to the boil, and thicken with the cornflour moistened; boil for 3 minutes; add coconut, let cool a little, then add the stiffly beaten white of an egg and essence vanilla

PRINCESS CAKES.

1½ oz. dripping
2 oz. soft sugar
2½ oz. flour
½ oz. **Wilson's Cornflour**
1 egg
½ teaspoon **Wilson's Baking Powder**
Few drops De Luxe Essence, vanilla and almond
2 oz. preserved ginger
1½ tablespoons milk

Method.—Cream the dripping and sugar, add egg, and beat the mixture well. Add milk and other ingredients. Half-fill greased patty-pans or paper cases. Bake in moderate oven. Time, about 10 to 15 minutes.

PLAIN SODA CAKE.

½ lb. flour
½ lb. raisins
½ lb. currants
¼ lb. lemon peel
¼ lb. light brown sugar
2 oz. dripping
¾ teacup milk
1 teaspoon cream of tartar (substitute)
½ teaspoon soda
1 teaspoon ground ginger
½ teaspoon cinnamon
½ grated nutmeg
2 eggs

Method.—Mix all dry ingredients together; rub in the dripping and bind with eggs well beaten with the milk. Put into a tin lined with greased paper, and bake in a moderate oven. Time, about 1 hour.

FRUIT CAKE (Eggless).

4 oz. dripping
1 tablespoon treacle
½ cup milk
¼ cup water
¾ cup light brown sugar
1 rounded teaspoon soda
Few drops De Luxe Essence of Lemon
1 teaspoon ground ginger
1 teaspoon mixed spice
1½ cups flour
¾ lb. sultanas, currants, raisins and chopped lemon peel mixed

Method.—Place dripping, treacle, milk, water and sugar in pan, and make hot. Mix flour and other ingredients together. Add the heated liquid, and stir lightly. Put into a papered tin. Bake in a moderate oven. Time, about 2 hours.

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